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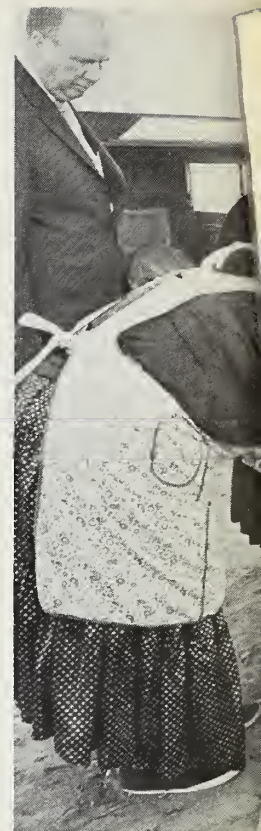
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FOOD CLOSER
TO HOME





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None of this beauty is lost on the Navajos, who adhere to the philosophy of their forefathers: "Beauty

above, beauty below, beauty all around. What more could man want?"

But when it comes to food, the Navajos are hard-hit. The drought is the worst in years, with results more harsh than in other drought years because the Navajo Nation has increased from about 55,000 people in pre-World War II days to nearly 128,000 people now.

In a pastoral economy, this means over-grazing of lands by cattle, sheep, goats and horses, plus heavy loss of wildlife—an important source of Navajo food.

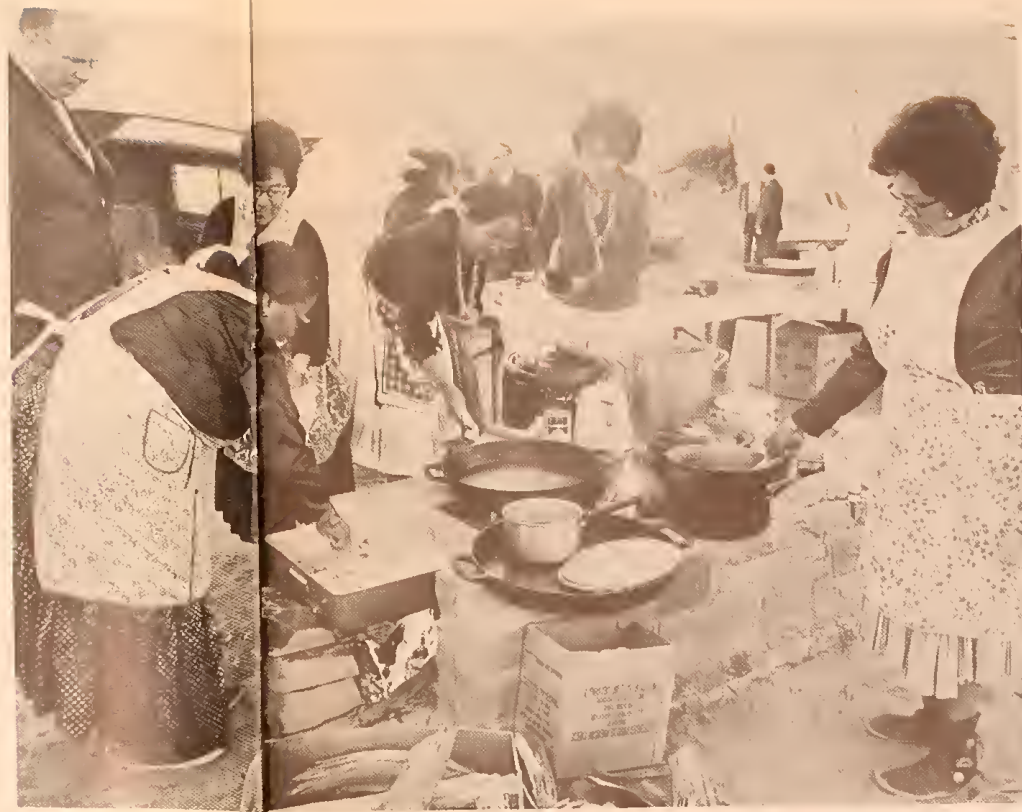
"We can no longer live off our lands," said a Navajo mother of five children. Her garden plot near a dry

arroyo (creek) offers no promise of corn, beans or squash. The seeds she planted never came up for lack of moisture. Field crops fared no better unless irrigated from a water supply.

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"The goat is smarter than the sheep," the oldest child explained. "He finds grass and water when sheep can't, so they follow him."

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homcraft that helps earn money.

Unemployment is higher in the Navajo Nation than in other parts of the United States because there are few jobs on the Reservation, and it is too far to commute to larger cities off the Reservation.

More than half of the Navajos—about 83,000—are in need of food, according to Peter MacDonald, Chairman of the Navajo Tribal Council.

What is being done to help these needy Americans?

The Navajo Tribal Council and USDA have signed an agreement giving the Navajos authority to determine which of their families are needy and the best way to get Fed-

In Window Rock, Arizona, the capital of the Navajo Nation, the "window rock" (far left) is an interesting sight. Navajo nutrition aides (above) prepare a Navajo breakfast using USDA-donated foods as Edward J. Hekman, Administrator of the Food and Nutrition Service, looks on. A young Navajo girl (right) stands in front of her hogan near Ft. Defiance.

eral foods to them.

"This means we'll handle the distribution of USDA foods, independently of State governments," pointed out Chairman MacDonald, "and thus treat all our needy people alike."

In the past, some needy Navajo families received only eight to ten foods while others received twice as many, due to the different operations by the State governments of Arizona, New Mexico and Utah.

Lack of warehouse space, trucks and other equipment limited the amount of food which could be handled.

A modern central warehouse at Fort Wingate, assigned to the Navajos

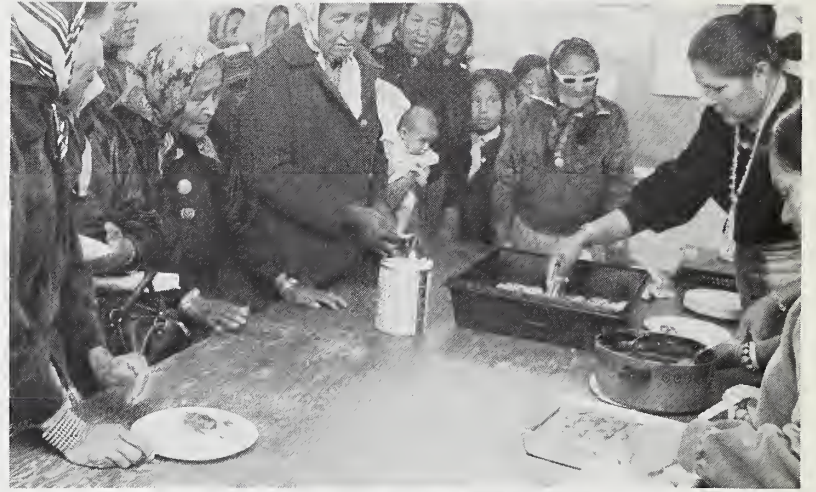
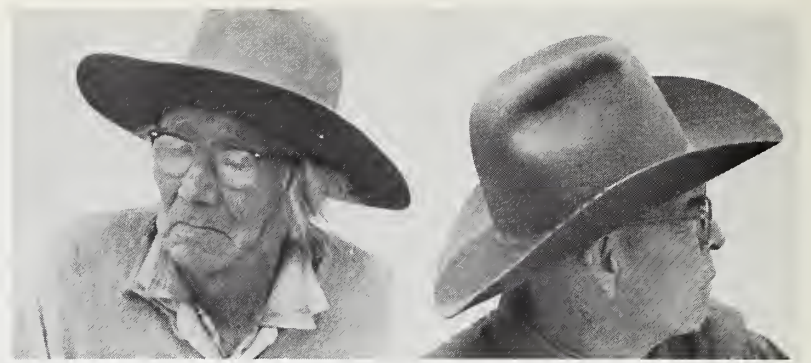
by the Department of Defense, can handle 50 carlot rail shipments monthly.

About 20 new trucks and trailers plus forklifts and mechanical conveyors, purchased by funds from the Bureau of Indian Affairs, will help speed deliveries from the Fort Wingate central warehouse to seven satellite warehouses scattered across the Reservation.

This will cut the long truck routes, some more than 200 miles, and make it possible to distribute most foods available from USDA.

Most families will now receive a month's supply of more than 20 foods—4 or 5 from each of the major food

Grandmother and granddaughter (below) wait at trading post in Rock Point for the truck carrying USDA-donated foods. Two men (top right) are also awaiting food truck. In the Navajo Chapter House (middle right) Navajo women learn how to cook with USDA foods from demonstrators. Here they're watching a meat roll, mush, and peanut butter cake being made. The Navajos take the food from the truck (below right).



groups to make sure the diet is adequate and well-balanced. The Southwest Regional FNS office will supply the Navajos with the foods, as well as offer technical assistance in ordering, warehousing and delivering.

"The Navajos are learning how to use USDA foods in their native dishes," said Mrs. Sarah Luther, Office of Navajo Economic Opportunity, who helps train Navajo nutrition aides to demonstrate the uses of USDA foods to needy families.

Also, USDA has been responsive to Navajo food preferences. For example, it supplies only dry pinto beans instead of other dry beans which the Navajos will not use; and it contracts for a special high lysine flour because it is the best for making Navajo breads.

Other foods, especially those for infants, are enriched or fortified with the nutrients often lacking in Navajo diets.

It's a colorful roadside sight—women in their richly colored full skirts gathered at the waist by dramatic silver belts inlaid with turquoise; men bedecked in western boots and hats; children and household animals. They gather at a tree, a spectacular rock or other landmark, to await the arrival of the food truck. There are nearly a hundred of these tail-gate distribution points serving the remote areas. Most of the distribution in remote areas is handled at 80 chapter houses.

Most families come to get their foods—about 120 pounds for a family of four—in pick-up trucks with sev-

eral families sharing the same pick-up.

Some families come by foot, dividing the heavy load into parcels for each member of the family to carry back to the hogan. A few come by horseback or in wagons.

"Getting food to our needy families regularly has been a major problem because of distance and the few roads which can accommodate the larger trucks, but our new system will soon overcome these obstacles," Chairman MacDonald said.

When Assistant Secretary of Agriculture Richard Lyng went to Window Rock to sign the food agreement with Chairman MacDonald, he emphasized that this USDA action was in line with President Nixon's policy of more self-determination of the Indian Nations. ☆

REACHING THE HARD-TO-REACH SCHOOLS

WHAT STARTED OUT as an 8-week test program at St. Anthony de Padua parochial school in Philadelphia more than fulfilled the hopes of its supporters—and now it's here to stay.

The test was designed to determine the acceptability of the canned entree system of serving hot lunches, known to the children as "lunch in a cup-can."

The program was sponsored by the Academy of Food Marketing at St. Joseph's College in cooperation with the Philadelphia Archdiocese, and with the technical and financial support of the Food and Nutrition Service.

In the spring of 1970, Father Donald V. Heim, Food Programs Director for the Cardinal's Commission on Human Relations, was instructed by his executive director to introduce lunch programs in some of the inner-city schools. The task seemed quite formidable when he realized there was no money available for the project.

However, he soon learned that the Academy of Food Marketing could help him. The Academy was in the process of developing a hot lunch program at low cost for children attending older schools in low-income areas with little or no kitchen facilities. The program requires only a relatively small and inexpensive hot-food oven which can heat as many as eighty 8-ounce cans of food.

The Academy made arrangements with a major food company in nearby Camden, N.J., to purchase eight canned entrees from the company's better-known brand lines for use in the test project. These included chile con carne with beans, beans and franks in tomato sauce, beans 'n beef, beef stew, chicken stew, chili-mac, spaghetti and meatballs, and spaghetti and beef.

Since none of the entrees completely met USDA's Type A standards for a nutritious lunch, FNS suggested additional foods that would have to be served with the entree in order to





Richard Lyng, Assistant Secretary of Agriculture, Bishop McDevitt of the Archdiocese of Philadelphia, and W. B. Murphy, President of Campbell Soup, look on as the children of St. Anthony's enjoy a hearty meal of beef stew.

meet the Type A requirement. USDA could then underwrite the program.

Once the necessary approvals were obtained, Father Heim made arrangements with Sister Marie Patrice, Principal of St. Anthony's, to introduce the meal service in her school.

By December 10 everything was set for the start of the experiment.

Under the glare of television lights, about 160 youngsters were assembled in the school auditorium to enjoy a lunch of chicken stew (in a can), bread and butter, an apple, and a half-pint of milk.

Eating out of a "cup-can" proved to be a big hit. Before long the effects of the program became noticeable. Sister Patrice reported that the children became much more attentive in the classroom. The number of youngsters reporting to her office because of headaches and stomach aches declined sharply.

Sister Patrice also observed that the meal service was something of an education to the youngsters. Early in the program some of the children didn't drink tomato juice, but within a few weeks, they loved it.

Because of these encouraging results, USDA gave St. Anthony's the go-ahead to continue the lunches on a permanent basis.

During the school year about two-thirds of the student enrollment took part in the "cup-can" lunch program. The remainder brought bag lunches from home. Sister Patrice said that she hopes eventually to have all her students eating hot lunches.

Since most of the youngsters come from low-income families, they received their meals free or at a reduced rate. Those who paid were charged 15 cents per meal. Each child handed in a sealed envelope each week, with only the teacher knowing

which envelopes were empty.

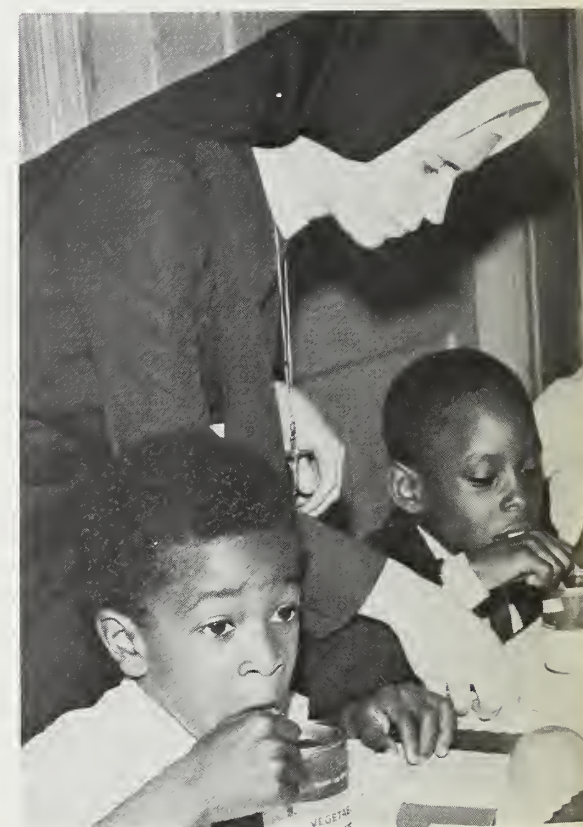
To help St. Anthony's with its food costs, USDA reimbursed the school 42 cents for each meal it served. St. Anthony's was also assisted by five mothers, who volunteered their services in setting tables, opening cans, and helping the younger children.

The "cup-can" experiment demonstrated that hot meals can be prepared and served at low cost in schools without kitchens. The hot oven used in the canned entree system takes up little space, is easily operated, and uses little electricity.

At a news conference held at St. Anthony de Padua school on June 17, Assistant Secretary of Agriculture Richard Lyng announced that the canned entree system has been approved as eligible for reimbursement under the National School Lunch Program where local school authorities want to use it.

The announcement added to the presummer excitement at St. Anthony's. As the children assembled for lunch in the school auditorium, they were greeted by Assistant Secretary Lyng, Edward J. Hekman, Administrator of the Food and Nutrition Service, Bishop Gerald V. McDevitt, Auxiliary Bishop of the Archdiocese of Philadelphia, W. B. Murphy, President of the Campbell Soup Company, and other representatives of the food industry.

The significance of that announcement to school children across the country was indicated by its potential in the city of Philadelphia. In a statement read for him by Bishop McDevitt, John Cardinal Krol of the Archdiocese said: "This means that 28,000 children in 55 inner-city schools may have a hot lunch—everyday—which meets the highest nutritional requirements of the U.S. Department of Agriculture." ☆





Eating lunch in a "cup-can" proved to be a big hit at St. Anthony de Padua school in Philadelphia. The children were served nutritious hot lunches heated in a small and inexpensive hot food oven which can heat up to eighty 8-ounce cans of food. Each morning at 11:20, children gathered in the school auditorium, which doubles as a kitchen and cafeteria. Five mothers helped out at the school by setting up tables and opening cans (above left). About two-thirds of St. Anthony's students took part in the hot lunch program, and most received their meals free or at a reduced price.

WHEN A DELEGATION of young people—all under 30, some with delinquency backgrounds, many of them high school dropouts—approached the San Francisco Department of Social Services to request a contract to sell food stamps, a few eyebrows were raised. But when the group introduced themselves as the Mission Rebels, their application was welcomed, carefully studied, and then approved.

In San Francisco, as in many other food stamp areas, one of the real needs of the program is a good, fast, and safe way for participants to purchase the food stamps for which they have been certified eligible.

In February, the Mission Rebels opened their first food stamps outlet in the Mission District, one of San Francisco's poorer areas.

The Rebels get 75 cents for each food stamp transaction they handle, as do the San Francisco banks. In addition to selling food stamps, they cash welfare checks, at no charge. They stay open an hour later than the bank sales outlets. And, because of the heavy Spanish-speaking population of the area, three of the food stamp tellers are bilingual.

On their first day they served only 35 food stamp customers. But after 2 weeks the Rebels had increased this to an average of 80 to 90 a day. On their first full day of service after the distribution of welfare checks, they served 300 food stamp users.

The Rebels calculate that it takes 3,200 transactions a month for the Mission District outlet to break even.

The Rebels hope to gain a clientele of some 10,000 of the 50,000 food

stamp users in San Francisco. They plan four more outlets in various needy areas of the city which, according to the Rebels, will be operated by other service-oriented ethnic youth groups trained by the Mission Rebels.

Juanita Aranda, head of the group's job procurement division, feels that it wouldn't be right for Spanish-Americans to operate a food stamp sales outlet in, Chinatown, for example. This, she said, can best be done by the Chinese. Likewise for other areas of the city.

The Rebel's entrance into the food stamp sales outlet business came about when one of their several hundred regular members, who works in the food stamp program, learned that one of the city's banking firms which operated nine of the then 13 outlets

Mission rebels' sell food stamps



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was considering withdrawing from the program.

Realizing that a problem for food stamp recipients in San Francisco—as elsewhere—is the time they sometimes spend waiting in line, the Rebels began to look into the program.

As they learned more about the operation of the program, they became enthusiastic about how they could fill the void left by the withdrawal of the branch banks.

With the help and guidance of Wells Fargo Bank, which operates four food stamp outlets in the city, the Mission Rebels fulfilled the necessary security requirements—bonding, insurance, a safe, building security, and armored car service.

In addition, the Wells Fargo people took those selected to sell food

stamps into their branches and trained them thoroughly. Wells Fargo donated some office equipment and furniture, and provided the Rebels with advisers while the Rebels became familiar with the procedures of selling food stamps.

A strange partnership—this prestigious bank and a group of disadvantaged youth of Spanish-American, Negro, Filipino, Caucasian, Samoan, Maltese, American-Indian and Chinese heritage? Not so strange when you know who the Rebels are and what they have been doing.

In the 5 years since the Rev. Jesse James talked two young high school dropouts into forming a "do-good group," most of the Rebels' activity has been directed towards the youth of the Mission area. Through encouraging youth to stay in or return to

school, finding jobs for thousands, conducting a drug abuse program, teaching skills such as typing, sewing, drafting and carpentry, and counseling young people on the street as well as in the schools, the Rebels gained the respect of the poor of the Mission District as well as the more affluent outside the area. They have been called the most successful anti-poverty group in San Francisco.

Opening the food stamp outlet was a gala morning affair with dignitaries, photographers, reporters and film crews. Despite the formality of the occasion, members of the Rebel carpentry school hammered and sawed, while others washed windows and swept floors.

Their actions carry out their credo: "We would rather do it ourselves. All we ask is the opportunity." ☆

Mission rebels' sell food stamps



Opening day (far left) brought only 35 customers to the Rebels' first food stamp outlet. But after 2 weeks the Rebels were serving 80 to 90 people a day. On their first full day of service after the distribution of welfare checks, they served 300 people. In May 11,000 bought their stamps at the Rebels' outlet, which is located in a storefront in San Francisco's Mission District. Customers purchase their stamps from eight tellers, three of whom are bilingual. Kenneth Marcelous, Assistant Director of the Mission Rebels, and Juanita Aranda, head of job procurement (top left), say that the Mission Rebels hope to open another outlet in the District.



10,000



Children at Jefferson Elementary in Philadelphia (left) enjoy a free breakfast of cereal, juice, and milk. After sponging their desks and disposing of trash, the children are alert and ready to begin class. Jefferson is only one of the 15 inner-city schools where students receive free "food for thought" each morning, thanks to Morton Waber (right). Three years ago Waber, an insurance agent, started feeding his wife's kindergarten class when he realized that many of the children were coming to school on empty stomachs. Today Waber feeds 10,000 children with USDA and Junior Chamber of Commerce help.



10,000 came to breakfast

BRENDA, A STUDENT at the Jefferson Elementary School in Philadelphia, marched into school an hour early on the morning of Monday, April 19th.

"What are you doing here so early?" Mrs. Conrad, the school's principal, wanted to know.

The little girl replied, "I came for my breakfast. I didn't have any this morning!"

Brenda's eagerness was shared by everyone at Jefferson on the first day of the school's free breakfast program.

"We're so excited about this," said Mrs. Conrad to the man responsible for the breakfast programs of Jefferson and 14 other Philadelphia

poverty-area schools. He's Morton Waber, a Wynnewood, Pa., insurance agent who is now serving free breakfasts to almost 10,000 children every morning.

Mr. Waber, a short and twinkling man, got started when his wife, who taught kindergarten in an inner-city school, realized that a certain class troublemaker wasn't getting breakfast before school. Mr. Waber, unaware that his efforts would snowball, decided he could feed the 20 or 30 children in the class. That was in May 1968.

Three years and 15 schools later, Mr. Waber still runs "Food for Thought," the non-profit corporation he formed in July 1968, completely

by himself. On Monday mornings he launches new breakfast programs; other mornings he checks out his operating schools. He does it all in the hours before his regular job.

Besides 15 public elementary schools, Mr. Waber has started a feeding program in a day nursery and a before-school breakfast operation in a church. He also helped the city's Catholic Archdiocese start its parochial school breakfast program and interested the local Junior Chamber of Commerce in sponsoring a similar operation. He estimates that between his organization and the Junior Chamber of Commerce, a total of 16,000 children are now being fed.

Each breakfast costs 18¢ to prepare. The Federal school breakfast program, run by the Food and Nutrition Service and administered through the Pennsylvania Department of Education reimburses 15¢ of this. The other 3¢ is raised by Food for Thought, through donations solicited by mail and Mr. Waber's own legwork.

Philadelphia's Board of Education contributes its trucking and storage facilities for the dry food and supplies. A private company donates brightly colored napkins and the dairy company which sells Mr. Waber his milk and orange juice trucks it fresh to the schools every day. Mothers volunteer to help with the in-school work.

On this particular Monday morning at the Jefferson School, Mr. Waber and three friends were busy before 8 a.m. assembling each class's breakfasts. Into each wire basket went orange juice, milk, fruit-flavored cereal, spoons, straws, napkins, and a blue plastic trash bag.

The older boys took the crates upstairs, where teachers distributed the ready-to-eat meal. Children and teachers were enthusiastic; one child thought it was "nice because we can talk to our friends while we eat."

When breakfast is served attendance improves, Mr. Waber observed, and the children are quiet and orderly when they come in. They concentrate much better when they're not hungry.

Not a man to be easily satisfied, Mr. Waber is aiming at breakfasts for 60,000 children for next year. ☆

Some Are "Too Proud"

IN BATAVIA, NEW YORK, an unemployed man writes to his local newspaper that although he had to take welfare for a month, he "did not ask for food stamps." He signs the letter "PROUD."

In Seattle, Washington, an out-of-work mechanic resists applying for stamps "the first month" but finally has to swallow his pride because "food stamps and an understanding landlord are the only reasons we can still keep up appearances."

And in Nassau County, New York, an elderly person won't apply for food stamps because of the "stigma" attached. "Applying for anything through the welfare department is the last straw for the elderly," says the county food stamp supervisor.

Isolated cases? Not by a long shot. This pride and prejudice story occurs every day in some area under the food stamp program, which helps the low-income person increase his food purchasing power by using his normal food allowance to buy food stamps worth much more.

But pride in his self-sufficiency is leading many an eligible food stamp recipient to a prejudice against taking food assistance which he may desperately—and deservedly—need. He attaches an imaginary stigma to what he thinks of as "handouts" (food stamps, unemployment compensation, welfare). And one of the greatest challenges is to show him that there is nothing demeaning about receiving honestly needed aid.

He might be an immigrant used to making his own way. He could be elderly, traditionally self-supporting but now forced to live on a meager pension or social security, and unwilling to admit that it's just not enough. He could have been suddenly handicapped in an accident, or laid

off from his job.

Even when he swallows his pride enough to apply for food stamps, he feels humiliated by the process. Associating stamps with the entire cycle of welfare and Medicaid, he fears being treated like a "welfare case" and "held up for display" in markets and banks.

Food stamp workers have had success with a variety of approaches to combat this attitude. The most powerful argument, most say, is: "This is for the good of your children."

Others stress the savings involved; the fact that you're not getting a handout but must pay, if at all possible; the idea that stamps can be merely a temporary stop-gap to help you back on your feet again; and the flexibility stamps allow in choosing foods, especially for specialized diets.

An especially effective approach is the use of intermediaries known and trusted by potential food stamp recipients. Ministers, priests, and nuns, bilingual friends and neighbors, and English-speaking children in the family can often hold an audience where "government men" would be ignored or feared. Sometimes these intermediaries find that repetition pays—a second visit may succeed where the first one failed.

In Dover, New Jersey, FNS Officer-in-Charge Edna McCree finds that a good way to reach laid-off workers is to make the rounds of employment offices distributing food stamp literature, which is passed on to workers unaccustomed to receiving aid.

In Blair County, Pa., where 550 workers were laid off at the Westvaco Plant, Tyrone, the Extension Service has sent aides into supermarkets to discuss stamps with shoppers. Many, reluctant to ask questions in the middle of the market, are enthusiastic

when they call the aides at home for private conversation.

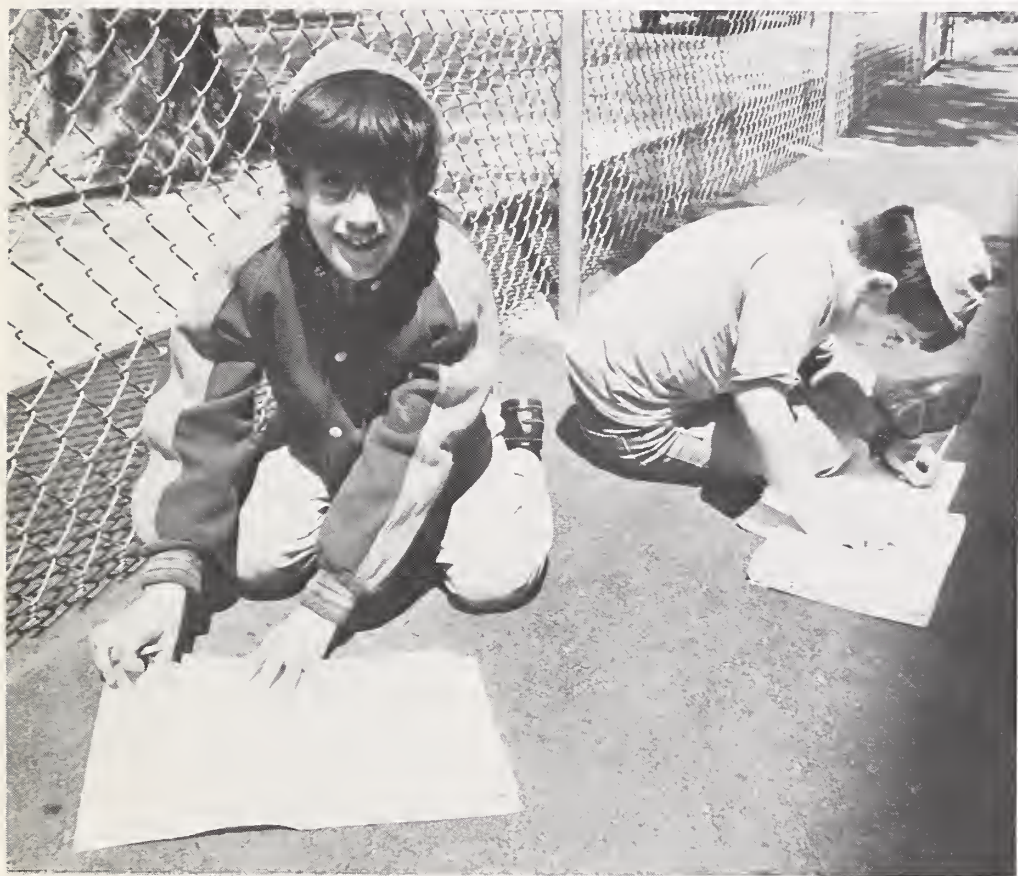
Extension Service Aides in Providence, Rhode Island, have been able to reach untrusting Portuguese families in the area. Portuguese-American aides armed with food stamp literature and nutrition know-how work with families in their homes.

Sister Mary Madalede, of St. Elizabeth's Roman Catholic Church in New York City, works with an Albanian community in the East Bronx. She observes that although their priest makes food stamp announcements at each mass, "sometimes it doesn't penetrate." She thinks the combination of her status as a nun and the fact that she works through English-speaking Albanians to convince the others, explains her success in getting many to sign up for food stamps.

Most parties agree that the problem is not with welfare recipients but with low-income workers; it is this group which recoils when anything even remotely suggesting welfare is mentioned. A rather successful solution to this has been the use of locations not readily identified as welfare offices (churches, American Legion posts, unions, or public offices not exclusively welfare) for interviewing non-welfare applicants.

One answer was suggested by June Herbert, a caseworker in a Gloucester County, New Jersey: "We explain food stamps are not just for welfare people but for the aged, those with illness in the family, the temporarily unemployed and others."

With careful explanations such as this, coupled with intensive outreach efforts, resistance from the "too prouds" is bending. More and more are coming to the conclusion that taking needed assistance does not mean sacrificing human dignity. ☆



Morning recess brings fun and relaxation for the students at Ahi Ezer Yeshiva, a Hebrew day school in New York City. The playground offers games and fresh air (above), as well as an opportunity to brush up on assignments.

SCHOOL LUNCH GROWS IN BROOKLYN

TAKE ONE GOATEED, mustachioed, inventive chef. Add a concerned principal, a fairy godmother, and aid from the U.S. Department of Agriculture.

What have you got? A new lunch program for Ahi Ezer Yeshiva, a Hebrew day school, in Brooklyn, New York.

Before September 1970, 9-year-old Ahi Ezer had no school feeding program for its 550 (kindergarten through eighth grade) pupils. The children received milk in school, but brought their own cold lunches, which often consisted of no more than a bag of potato chips.

Ahi Ezer serves a low-income area; about half its students pay no tuition. And their need for a lunch program was particularly acute, since an average day at a Hebrew day school runs from 8 to 4:30 (public schools go from 9 to 3).

But Ahi Ezer had two special problems. Lunch had to conform to USDA's Type A requirements and to kosher dietary laws at the same time. This could be managed, but the second stumbling block seemed insurmountable: where would the money for kitchen equipment come from?

Enter the Food and Nutrition Service. Through its non-food assistance program, Ahi Ezer bought \$70,000 worth of shiny new equipment, of which the school paid only \$17,000. Non-food assistance helps schools in



Fred Pinsker (left), the school's chef, takes a tray from a pass-through refrigerator, a prized kitchen appliance. Mrs. Carrie Lipsig of the Jewish Education Committee, looks on in approval. Non-food assistance from the Food and Nutrition Service helped buy this needed equipment. Below, a boy makes quick work of his ice-cream.



poverty areas purchase equipment needed to establish, maintain, and expand school food service, by paying up to 75% of the total cost.

"Without that help from the Department of Agriculture, we could never have had our lunch program," says principal, Rabbi Saul Wolf. In New York State both public and private school lunch programs are administered through the N.Y. State Department of Education.

Equipment secured, only one thing was missing: a kosher chef! Enter fairy godmother, Mrs. Carrie Lipsig of the Jewish Education Committee, which helps hundreds of schools and groups in the metropolitan New York area obtain food services.

With Mrs. Lipsig as matchmaker, Rabbi Wolf located chef Fred Pinsker. The two prowled auctions for cheap supplies in their zeal to get the program going. A prize purchase was "funny cups," which are printed with different jokes and enjoyed tremendously by the kids.

When the lunch program began, says Mr. Pinsker, parents complained that the food was "miserable" because children were not used to the variety he offered. Now, he chuckles, parents call to complain that there aren't enough seconds and to get his lasagna recipe!

Lunch time at Ahi Ezer begins with handwashing and a short blessing for



the bread. The children eat and are kept seated afterwards for about 8 minutes for the after-blessing.

Chef Pinsker participates from start to finish, joining in the prayers and eating with the children. "If they see me eating it, they think, how bad could it be?" he explains. Ahi Ezer students are learning to like many new foods through his gentle coaxing.

The maitre d'hotel proudly shows off his model kitchen equipment, including a convection oven which can hold 12 trays at once. There's a holding oven for keeping food warm and a pass-through refrigerator. "You can take a bath in this," jokes the chef, pointing to a gleaming steam kettle.

The children participate in their lunch program in ways other than eating. There's a monthly contest for the best lunch poem; the winner gets a prize and has his poem printed on the menu. Chef Pinsker gives food demonstrations in class, such as how yeast works. He will teach a cooking class for the older girls soon, where they'll learn to make "holiday specialties," such as "challah" (bread) and "homentashen" (prune cakes).

The problem of meeting USDA lunch standards while "keeping kosher" is solved in some novel ways. For instance, meat and dairy foods can never be eaten together; which means that if milk is served, as USDA requires, you can never have meat for

lunch. Chef Pinsker has filled the gap with other protein foods acceptable to USDA, such as: cheese, fish, and eggs. He also keeps jars of nutritious peanut butter on the tables.

To make chow mein, he substitutes tuna for chicken, thus eliminating the meat: "If you wash it off, it looks just like chicken." He also makes an effort to orient his foods toward Middle Eastern cuisine; the school is about 70% Sephardic Jewish (Syrian, Lebanese, and Egyptian) and these children are used to rice, beans and salads.

"There's no question about it," Rabbi Wolf emphasized, "We must give these kids lunches. They're happier, more alert, and in a better frame of mind."

The children echo his fervent enthusiasm for the lunch program. No better testimonial to the talents of their chef and the success of the program could be given than this prize-winning poem from a fourth grader:

I like the lunch
For it is nutritious.
It is good
And delicious.
It fills you up all the way,
When you are finished, you
must say,
It is great,
Can I please have another
plate?



Following the meal, Chef Fred Pinsker helps a little girl lead her classmates in the after-blessing (above left). During this prayer the children remain seated for about eight minutes. At right, the chef is rewarded for his culinary skill by the spontaneous hugs of three satisfied school lunch customers.

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